



Colorectal Cancer

Colonoscopy screening in Nevada



Of the cancers that affect both men and women, colorectal cancer is the second-leading cause of cancer deaths in Nevada and in the United States. Routine screening can help prevent colon cancer or detect it at an early stage when it is easier to treat. Many more lives could be saved by addressing risk factors, increasing testing rates, and making lifestyle changes.

DID YOU KNOW?

51,000

people in the U.S. die from colorectal cancer every year

474

people in Nevada died from colorectal cancer in 2014

60%

of these deaths can be prevented if the recommended screening is done

Percent of adults aged 50 and older who have had a blood stool test within the past year or a colonoscopy/sigmoidoscopy within the past 10 years*

Nevada



National



Healthy People 2020 goal



*Behavioral Risk Factor Surveillance System, 2014 data

SCREENING TESTS

Once a year

High sensitivity fecal occult blood test (FOBT) and fecal immunochemical test (FIT):

You do this test at home. The stool sample is sent to the doctor's office or lab.

Every 5 years with FOBT/FIT every 3 years

Flexible sigmoidoscopy:

The doctor looks for polyps or cancer in the rectum and lower third of the colon.

Every 10 years

Colonoscopy:

The doctor looks for polyps or cancer in the rectum and the entire colon.



If you are 50 years or older, talk to your doctor or health care provider about being screened.

WHAT YOU CAN DO



Diet

Consume plenty of fruits and vegetables and limit red meats, sugars and processed foods. Avoid smoking and limit consumption of alcohol.



Physical activity

Regular physical activity reduces the risk of many cancers including colorectal cancer.



Body mass index

Maintain a healthy body weight and avoid a body mass index of 25+.

RESOURCES

Go online to:
<http://nevadawellness.org/community-wellness/cancer-screening/>
<http://www.accesstohealthcare.org/services-individuals/colon-screening>
<http://challengenv.com/>

REFERENCES

http://www.cdc.gov/cancer/colorectal/basic_info/screening/infographic.htm
http://www.cancer.gov/types/colorectal/patient/colorectal-prevention-pdq#section/_14
<http://www.healthypeople.gov/2020/topics-objectives/topic/cancer/objectives>
<http://www.cdc.gov/brfss/brfssprevalence/>

For additional information regarding this infographic, please contact the Office of Public Health Informatics and Epidemiology at (775) 684-5911.

This publication was supported by the Nevada State Division of Public and Behavioral Health through Grant Number 1 NU58DP006090-01-00 from the Centers for Disease Control and Prevention.

Version 1.0
February 2016